July Wellness Newsletter

Special Points of Interest

- It Fits Tips
- Hearing/Vision Screening
- Financial Wisdom
- Better Fast Food
- BCBSM
- Nutrition Facts Redo
- CareHere Recipe
- Herb of the Month

it FITS TIPS

Did you know that changing your perception of what condiments truly are can aid in weight loss? Most of us know "not all condiments are created equal"! But have you ever considered this? Condiments are not just toppings, they are food – with calorie counts. Topping your dish with mayo, ketchup, soy sauce, or other condiments, can add dimension to a dish, but if you're not careful with what you choose and how much you use, they can also add a lot of extra calories and get in the way of your weight loss. While a tablespoon of creamy salad dressing typically has 80 calories and a tablespoon of regular mayonnaise contains a whopping 100 calories, consider using one of this month's suggested condiments to dress up a dish with intense taste, but minimal calories.

Suggested condiments for flavor without the calories.

1. **Mustard** – Only 8 to 15 calories per tablespoon.
2. **Pickle Relish** – Only 14 calories per tablespoon.
3. **Reduced Sodium Soy Sauce**- Only 3 calories per teaspoon.
4. **Hot Pepper Sauce** – Only one calorie per teaspoon.
5. **Unsweetened Applesauce -** A great substitution in baking or cooking instead of butters or creams and will cut the fat content in a dish by half.
6. **Reduced Fat Mayo** – Around 25 calories per tablespoon.
7. **Light Salad Dressing** – Typically 15 to 25 calories per table spoon.
8. **Olive Oil Spray or Butter Spray** – 5 sprays of flavor for only 10 calories.

'It Fits Tips' compliments of Medical Weight Loss Clinic.

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FREE!! Childhood Hearing and Vision Screenings Offered

Is your child age three to five? Does he/she plan to attend school in Calhoun County or be home-schooled in Calhoun County?

If so, the Calhoun County Public Health Department offers **FREE** required vision screenings for children age three to five years old, living in and attending school in Calhoun County, including home-schooled children. **FREE** hearing screenings are also available and recommended.

Appointments available mid-June through August 2016

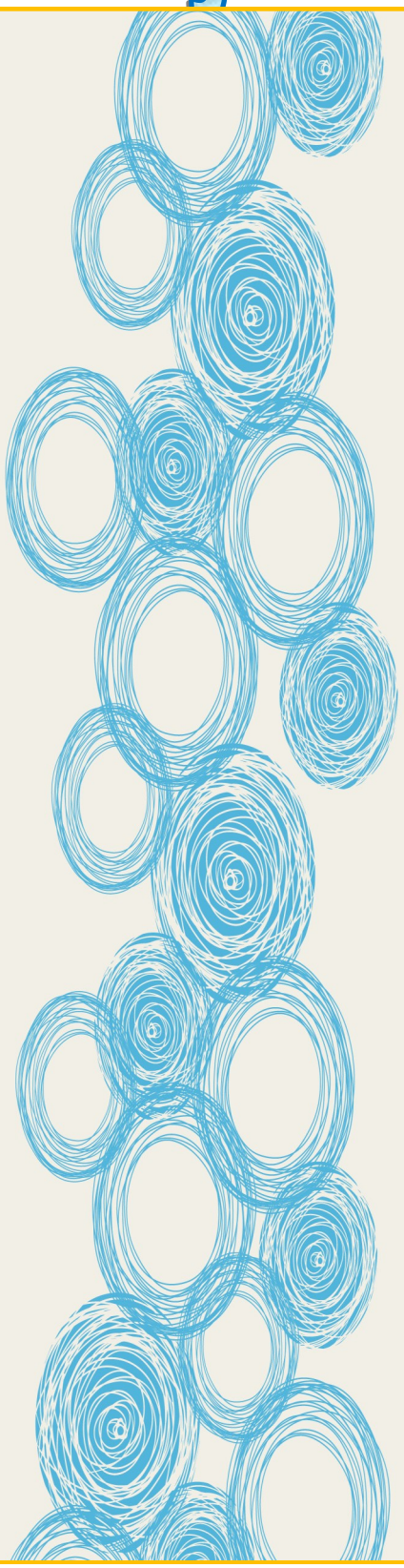
Children ages three (3) to five (5) years
Calhoun County Public Health Department
190 E. Michigan Avenue
Battle Creek
Call Heidi Fast at (269) 969-6389 to schedule an appointment

If your child has received a blue slip from a screening at a pre-school, day care, or Kindergarten round-up, they do not need to be seen again in the office. Be sure to turn in the blue slip to your child's school as proof of the hearing and vision screening.

According to the State of Michigan, Public Health Code, Act 368, all children registered for the first day of school must present to school officials a certificate of vision testing or screening or statement of exemption. Screenings may be administered by a Calhoun County Public Health Department technician, a licensed medical or osteopathic physician, or a licensed optometrist or ophthalmologist. One vision screening or exam must be performed between age three and the first day of Kindergarten.

Heidi Fast, 269-969-6389

July Financial Wisdom



Start Saving Now for Next Year's

SUMMER VACATION

Pay for your vacation before you go—not after you get back. Open a dedicated savings account and automatically transfer money each payday. Consider cutting back on nonessentials (maybe eating out less or skipping a night out to the movies) and adding that money to your growing account.

Visit feedthepig.org.

International Foundation of Employee Benefit Plans
Education | Research | Leadership
www.ifebp.org/retirement101

Fast-Food Alternatives

Instead of these:	Choose these:
French fries or curly fries Potato wedges Hash browns or tater tots Onion rings 	Baked potato Salads with fat free or lowfat dressing Fresh fruit 
Large hamburgers with all the 'fixins' Cheeseburgers Hotdogs or sausages  Bologna, pastrami Fried meat sandwich Pork barbecue sandwich with slaw Chicken, tuna or egg salad sandwiches	Turkey, roast beef or lean ham sandwich Grilled chicken sandwich  Chicken tacos
Fried chicken  Breaded chicken strips Fried chicken wings	Grilled, roasted or smoked poultry (white meat, no skin) 
Fried fish sandwich  Fried fish nuggets Fried clam strips	Broiled seafood platter  Boiled shrimp
Sundaes, Banana splits Cakes  Brownies Pies	Soft serve ice cream cone  Lowfat frozen yogurt
Regular soda  Whole milk Sweet tea Fruit punch, lemonade	Water Diet soda and unsweetened tea Lowfat or fat free milk  100% juice

Tips for ordering:

- Leave off the cheese and hold the mayo
- Don't super-size
- Say "No" to "Would you like fries with that?"
- Choose baked, broiled, or grilled options rather than fried

MOVE!

N07 Version 3.0
www.move.va.gov

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- Easy-to-understand, time-saving charts that show your deductible and coinsurance balances
- Up-to-date views of recent claims activity, including the service provided, the total cost and the amount you owe
- Summary of all of your claims activity to help you keep track of your out-of-pocket costs throughout the year

Virtual ID card

- A virtual version of your Blue Cross or Blue Care Network ID card on your mobile device
- Travel friendly — whether your kids are college bound or you forget your Blues ID card at your next doctor's visit, it goes where you go

Find a Doctor feature

- The ability to search for doctors, hospitals and other providers nearby or across the nation
- Step-by-step navigation to the closest urgent care center

Accessing our mobile site at bcbsm.com is easy. Turn this sheet over to find out how.

✔ easier than ever

New Guidelines for Nutrition Facts

Consumers will soon begin to see an updated and increasingly useful Nutrition Facts Panel on packaged foods and beverages. This is the first comprehensive overhaul of the label since 1994.

Soon, those little black-and-white charts will inform you of the amount of added sugars in a product, and include a "daily value" to help you understand the maximum amount of added daily sugars recommended by experts. Serving sizes will also be revised to reflect the amounts of products that people typically consume in the real world. And, calorie counts will be listed in a much larger and bolder font to make them easier to spot.

Additionally, late last month, the Food and Drug Administration released final guidance on a rule that will require all food retail chains with 20 or more locations to post calorie counts for their menu options, and make other nutrition information available to consumers upon request.

If you're not already excited, here is why these are two pieces of great news:

Nutrition information helps consumers make informed choices.
In restaurants without menu labeling, people—especially teens—tend to significantly underestimate the number of calories in their meals, with a quarter of people underestimating by 500 or more calories. Posting calorie counts increases the percentage of people who see and use calorie information to help them decide what to order.

People want health context for the food they buy.
Seventy-seven percent of adults report using the Nutrition Facts Panel to inform purchasing decisions, with half using it "always" or "most of the time." Most Americans also favor requiring calorie labels on menus in fast food restaurants, sit-down restaurants and prepared food counters in grocery stores, and around a third of people say they do not have enough information to decide if they are making a healthy purchase in any of those places.

People who use nutrition information tend to purchase healthier items.
King County, Wash., was the second jurisdiction in the nation to implement a menu-labeling law. Eighteen months following implementation, one-third of customers at chain restaurants reported using calorie information to guide their purchase—and they bought meals with 143 fewer calories, on average.

Businesses may start offering healthier items.
Following the requirement that trans fat be declared on the Nutrition Facts Panel, food companies worked to significantly decrease the trans fat content of their products—and we may see a similar pattern for sugar. As for menu labeling, 18 months after the King County, Wash., requirement was implemented, chain restaurants lowered the calorie content in their entrees.

The new rules apply to a wide variety of places where people buy food.
Nutrition Facts Panels are required on nearly all packaged foods, and the menu labeling rule will apply to a broad range of businesses, including fast-food and sit-down restaurants, pizza and other takeout and delivery establishments, supermarkets and convenience stores, cafeterias, movie theaters and more.

Soon, people will have more information than ever to help them decide what food to purchase for themselves and their families—whether in a grocery store, restaurant or other food retail establishment. These changes—changes that reflect this season of growth and renewal—will help foster a Culture of Health for consumers nationwide, and that is great news!

Sources: www.rwjf.org/
www.fda.gov/

Lentil Chili

I made mine with ground turkey and it was delicious

6 servings

Ingredients:

1/2 pound ground beef (or extra lean beef to reduce fat)

1 1/2 cups chopped onion

1 clove garlic, crushed

2 cups cooked, drained lentils

1 can (29 ounce) tomatoes, diced or crushed

1 tablespoon chili powder

1/2 teaspoon ground cumin (optional)

Directions:

- In a large saucepan, brown beef over medium-high heat, breaking it into bite-sized pieces. Drain fat.
- Reduce to medium heat. Add onion and garlic. Cook on medium heat until softened.
- Add lentils, tomatoes, chili powder and cumin. Cook on low heat for about one hour until flavors are blended.
- Serve with your favorite chili toppings.

Serving size: 1 cup
Nutrition Facts per Serving:
Calories: 210; Fat: 4.5 g; Saturated Fat: 1.5 g; Sodium: 470 mg;
Protein: 16 g

Source: http://recipefinder.NAL.usda.gov/

CareHere!

Herb of the Month: Marjoram

Marjoram Basics
This herb has small and delicate oval-shaped leaves that are bright green. The most common variety is called sweet marjoram. It's a member of the mint family but it has a flavor similar to oregano, only sweeter. It can be found both fresh and dried in large markets and specialty grocery stores – look for it fresh at the farmers' market during the spring and summer months.

Nutrition Info
A quarter cup of fresh marjoram has fewer than 15 calories, plus a decent amount of fiber, iron, vitamins A, C and K.

What To Do With Marjoram
Use fresh or dried marjoram to spice up marinades for meats and fish, especially veal, chicken, lamb, tilapia and snapper. It also livens up sautéed or roasted vegetables like eggplant and summer squash. Use dried or fresh marjoram in marinara or pizza sauce or simply add freshly picked leaves to salsa, pico de gallo or a green salad.

Petite Turkey Meatloaves

Servings: 4 Serving Size: 1 loaf
Calories: 221.3 • Fat: 4.6g • Carbs: 14.1g
Fiber: 1.2g • **Protein:** 28.9g

Ingredients:
1/2 small onion, minced
1 tsp olive oil
1.3 lb 99% lean ground turkey
1/2 cup oatmeal
1/4 cup ketchup + 2 tbsp
2 tsp Worcesterchire sauce
1 large egg
1 tsp marjoram
Salt

Directions:
Preheat the oven to 350°.
Saute olive oil and onion on low until translucent.

In a medium bowl mix turkey, onion, oatmeal, egg, ketchup, salt and marjoram. Divide into four equal loafs and place each loaf into a non stick mini loaf pan or shape into small loafs on an un-greased nonstick baking pan.
In a small cup mix remaining 2 tbsp ketchup with worcesterchire sauce and brush onto each loaf to give it a nice glaze.

Bake uncovered for about 40 minutes at 350°. After baking let it sit for 5 minutes serving.

Orzo Salad

Ingredients:
1/2 lb. (1 1/4 cup) whole wheat orzo
1 tsp. lemon zest
2 tbsp. fresh-squeezed lemon juice
2 tsp. Dijon Mustard
1/4 cup extra virgin olive oil
1 tbsp. + 2 tsp. finely chopped marjoram
1/2 cup crumbled Feta
2 green onions, thinly sliced
1/2 cup Kalamata olives, cut into fourths
1 cup cherry tomatoes, cut into halves
salt and fresh ground black pepper to taste

Bring 2 quarts water to boil in a large pot, add a generous amount of salt, then add orzo and cook at a low boil for about 8 minutes. Drain the orzo and let cool.

Finely chop enough marjoram to make 1 tbsp. + 2 tsp. Zest the skin of a lemon and measure 1 tsp. lemon zest. Mix together the lemon juice, lemon zest, and Dijon mustard, whisk in the olive oil, then stir in 1 tbsp. chopped marjoram.

Put drained and cooled orzo into a medium-sized bowl. Add crumbled Feta, sliced green onions, Kalamata olives and the tomatoes. Pour the marjoram dressing, let it sit at room temperature for 15-30 minutes. To serve, add the remaining 2 tsp. chopped marjoram, and gently combine. Season to taste with salt and fresh ground black pepper and serve immediately.